

Joint Pain Shoulder

Are You At Risk?

University

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Experience you can count on



The shoulder is a ball and socket joint with a large range of movement. Such a mobile joint tends to be more susceptible to injury. Shoulder pain is an extremely common complaint, and there are many common causes of this problem. It is important to make an accurate diagnosis of the cause of your symptoms so that appropriate treatment can be directed at the cause.

Read each question carefully. Circle "Yes" if you have any of the symptoms described. Circle "No" if you do not.

Yes or No

Is shoulder pain limiting your recreational activity? **Y**
N

Do you have pain in your shoulder when trying to get dressed? **Y**
N

Do you wake up from shoulder pain? **Y**
N

Do you experience pain in the middle of your upper arm? **Y**
N

Do you have pain in your shoulder when you simply lift your arm out to the side or up in front of you? **Y**
N

Are you perimenopausal? **Y**
N



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Remember

It is important to understand that shoulder pain is a symptom of a medical condition, not a diagnosis itself. Medical problems that can cause shoulder pain include the following: mechanical problems, injuries, acquired conditions, and disease process. To find a physician that can properly diagnose and treat your shoulder dysfunction please call our FREE Consult a Nurse[®] and physician referral line at 888-256-7728.

*If you answered . . . **YES** to any of the 6 survey questions, you should discuss your symptoms with your physician or an orthopedic specialist.*

*If you answered . . . **NO** to all of the 6 survey questions keep this survey to refer back to every 6-12 months.*

JointPain

The treatment of shoulder pain depends entirely on the cause of the problem. Therefore, it is of utmost importance that you understand the cause of your symptoms before embarking on a treatment program. If you are unsure of your diagnosis, or the severity of your condition, you should seek medical advice before beginning any treatment.

- Shoulder pain is a common ailment that affects 10% of the population at some time in their lives.
- The shoulder is a ball-and-socket joint. It is made up of three bones: the upper arm bone (humerus), shoulder blade (scapula) and collarbone (clavicle).
- The rotator cuff is a group of muscles and tendons that attach your upper arm to your shoulder blade. The rotator cuff covers the shoulder joint and joint capsule.

QuickFacts



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